

# September 2019

# Stepping Stone Senior Centre Inc.

Email: [steppingstoneseniorcentre@rogers.com](mailto:steppingstoneseniorcentre@rogers.com)

Website: [www.steppingstoneseniorcentre.com](http://www.steppingstoneseniorcentre.com)

Phone: 506-450-7849

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 Drop in Bridge 1	<b>Closed Labour Day</b>	<b>Stepping Stone will be closed from Sept 3rd to Sept 6th</b>				8:00-10:30 Breakfast 7
6:30 Drop in Bridge 8	9:00 Old Spools <b>9:30 Board Meeting</b> 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge 9	9:00-3:30 Foot Care 10 9:00 Tai Chi (Int) 9:30 SS Singers 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 2:45 Troubadours 4:00 Drop-in Darts 6:00 Drop-in Bridge	9:00 Sew Many Stitches 11 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 1:15 String Along with Us 3:30 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	12:00 Ukulele (Beg) 12 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele (Adv) 1:00 Ukulele Drop-In 1:30 Board Games	10:00 Coffee & Chat 13 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 M&S Theatre	14
6:30 Drop in Bridge 15	9:00 Old Spools 16 <b>9:30 Program Meeting</b> 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge	9:00-3:30 Foot Care 17 9:00 Tai Chi (Int) 9:30 SS Singers 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 2:45 Troubadours 4:00 Drop-in Darts 6:00 Drop-in Bridge	9:00 Sew Many Stitches 18 9:15-1:15 Line Dancing 9:30 French Circle <b>11:30 Dine-Out</b> 1:15 String Along with Us 3:30 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge	12:00 Ukulele (Beg) 19 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele (Adv) 1:00 Ukulele Drop-In 1:30 Board Games 6:30 Needlework	10:00 Coffee & Chat 20 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 M&S Theatre	21

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<p>22 6:30 Drop in Bridge</p>	<p>23 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>	<p>24 9:00-3:30 Foot Care 9:00 Tai Chi (Int) 9:30 SS Singers 10:00 Book Study 1:00 Cryptic Crossword 1:00 Drop-in Bridge 1:30 Fluid Dance 2:45 Troubadours 4:00 Drop-in Darts 6:00 Drop-in Bridge</p>	<p>25 9:00 Sew Many Stitches 9:15-1:15 Line Dancing 9:30 French Circle 10:00 Bentley/Patterson Group 1:15 String Along with Us <b>2:00 Political Forum</b> 3:30 Adaptive Yoga 6:00 Drop-in Games 6:30 Duplicate Bridge 7:00 Reading Corner</p>	<p>26 12:00 Ukulele (Beg) 12:00 Ukulele (Int) 1:00 Craft Group 1:00 Ukulele (Adv) 1:00 Ukulele Drop-In 1:30 Board Games <b>6:30 Forum – Karen Lake, Senior Care Specialist</b> 6:30 Needlework</p>	<p>27 10:00 Coffee &amp; Chat <b>11:30 Potluck</b> 1:00 Drop-in Cards 1:00 Drop-in Bridge 2:00 Harmonica Lessons 3:00 M&amp;S Theatre <b>7:00 Troubadours Show Musical Memories</b></p>	<p>28</p>
<p>29 6:30 Drop-in Bridge</p>	<p>30 9:00 Old Spools 10:00 Yoga 1:45 Writers Group 2:00 Seated Tai Chi 3:15 Acoustic Jam 6:30 Drop-in Bridge</p>					<p>31</p>

**Food Smart – Deadline for orders is August 30<sup>th</sup>. Pick up will be on Sept 12<sup>th</sup> from 11:30 am to 3:00 pm**

**Breakfast – Saturday, Sept 7<sup>th</sup> from 8:00 am to 10:30 am. Cost \$8.00 per person**

**Line Dancing will take place at Grant Harvey Centre**

**Stepping Stone has reusable grocery bags available to purchase for \$5.00. Available at the front desk.**